

Opportunities for Intervention

- HRA/HEAR
- PRT Screenings
- Physical Exams
- Dental Exams
- American Cancer Society
Great American/Navy-Marine
Corps Smoke Out Day
- Health Fairs
- Acute & Specialty Care
- Other

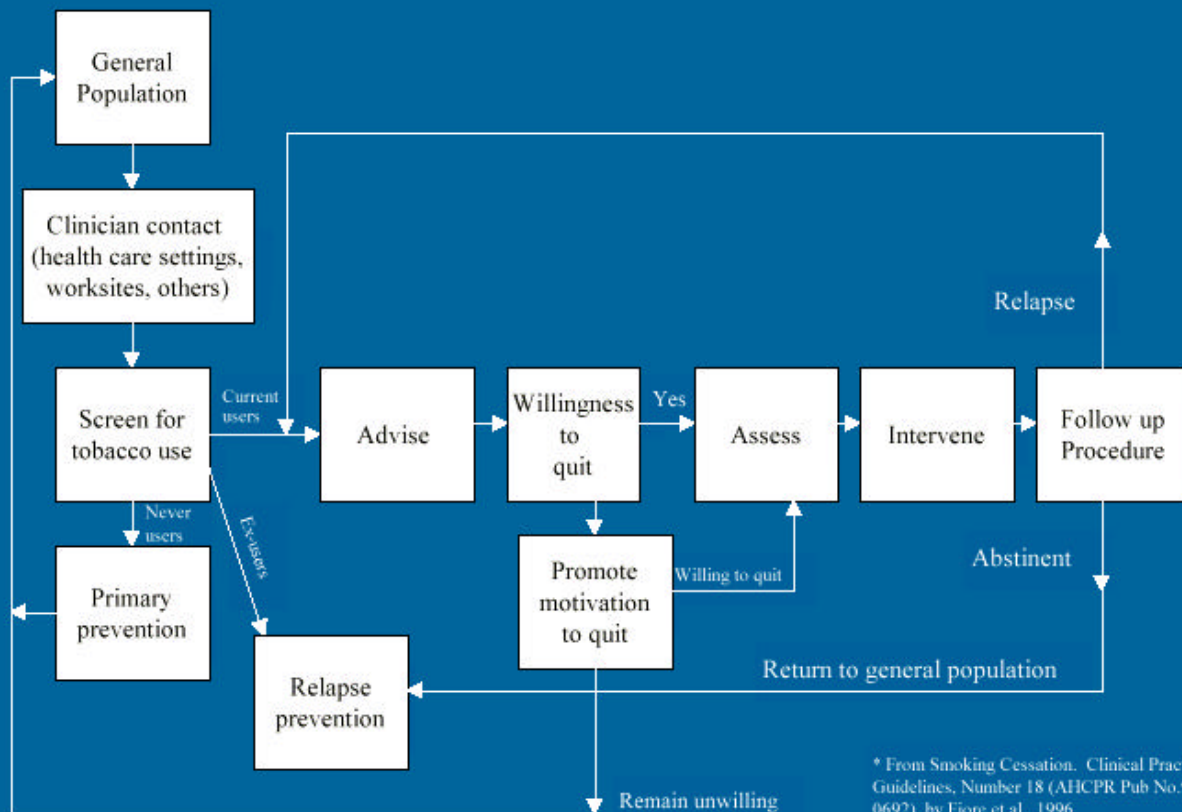
Put Prevention into Practice

- Follow AHCPR/DoD Clinical Practice Guidelines for Tobacco Cessation
 - **Ask** about tobacco usage
 - **Advise** to quit
 - **Assist** in quitting
 - **Arrange** follow-up and treatment



Tobacco Cessation Clinical Practice Guideline Treatment Model

Smoking Cessation Clinical Practice Guideline Treatment Model *



* From Smoking Cessation: Clinical Practice Guidelines, Number 18 (AHCPR Pub No.96-0692), by Fiore et al., 1996.

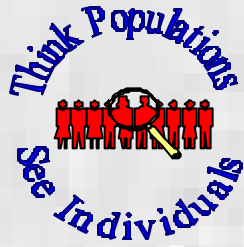
Health Promotion

- Obtain support from leadership to promote tobacco reduction efforts
- Develop a Health Promotion plan to address tobacco prevention and cessation
- Coordinate and collaborate with existing MTF Tobacco Cessation Program
- Adopt and modify local and national tobacco programs to meet needs of reserve community

Education & Training

- Provide tobacco awareness to units and small groups
- Tobacco education classes
- Train tobacco cessation facilitators
- Train medical providers to follow DoD and AHCPR Clinical Practice Guidelines and in motivational counseling





Reserve Tobacco Program

Primary Prevention

- Awareness training
- Screening for Tobacco Usage

Secondary Prevention

- Tobacco education
- Motivational counseling to quit
- Physical & Dental exams/acute care
- Self-help approaches
- Great American/Navy-Marine Corps Smoke Out Day

Tertiary Prevention

- Tobacco Cessation Programs
- Referrals

Our Challenges

- What can I do?
- What will you do in your unit and reserve center?
- What will you do to promote a tobacco free military?



Resources

- American Cancer Society

www.cancer.org/index.html

- American Lung Association

www.lungusa.org

- AHCPR Guidelines

www.ahcpr.gov/clinic/smokepec.htm

- DoD/VHA Clinical Practice Guidelines

<http://12.0.190.99/smoking/>

- MTF Health Promotion Program

- NEHC Health Promotion, Tobacco Cessation Website

www-nehc.med.navy.mil/hp

For Additional Information Contact

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